

Arabian Gulf Food Recipes



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Contents

1.
Introduction
2.
Shrimp Kabsa Stuffed Bell Peppers
3.
Mutabbag Bel Laham
4.
Spaghetti with Yoghurt and Meat
5.
Turkey Harees
6.
Saudi Dough with King Fish
7.
Muhammar with Apricots
8.
Fish Maglouba
9.
Lamb Gheimeh
10.
Meat & Walnut Nadi with Dates and Dibis Ramman
11.
Chicken Kabsa with Sausage & Beans
12.
Chicken Madrouba
13.
Zeinabs Fingers
14.
Chicken Kofta Creamy Soup
15.
Chicken with Eggplant and Cauliflower Rice
16.
Arabic Lamb and Potato Pie
17.
Saudi Rice with Meat and Chickpeas
18.
Lamb Kabsa with Jerrish
19.
Khaleeji Lamb Frike
20.
Saudi Kabsa

21.
Flaky Chicken Soup
 22.
Arabic Style White Rice
 23.
Al-Salta
 24.
Shrimps Stew
 25.
Lamb and Artichoke Soup
 26.
Iranian Gheymeh Chicken
 27.
Chicken Threed
 28.
Yemeni Rice
 29.
Saudi Chicken Biryani
 30.
Potato and Rice Kibbeh
-

Introduction

Arabian Gulf Food Recipes is a book contains 30 recipes from Arab Gulf area. I wish you enjoy every recipe in it.

Shrimp Kabsa Stuffed Bell Peppers



Ingredients

- 500 g shrimp, peeled, raw, de-shelled & de-veined
- 6 large green bell pepper or 900 g
- 2 tablespoons vegetable oil
- 1 large onion or 200 g, finely chopped
- 1 tablespoon tomato paste
- 2 medium tomatoes or 200 g, peeled and chopped
- 2 cubes **MAGGI® Chicken Bouillon** or 20 g
- 2 cups water or 500 ml, hot
- 2 small chili pepper, green, chopped
- 1 teaspoon ground cumin
- 1 cinnamon stick
- 2 teaspoons ground cardamom
- 1½ cups basmati rice or 300 g

pinch of salt

pinch of ground black pepper

Preparation

Prepare Bell Peppers by cutting open the top and removing seeds and membrane from inside. Discard seeds and membrane, stand peppers and tops in a large oven proof pan and set aside.

In a medium size pot, heat Vegetable Oil and cook Onions over medium heat for 5-6 minutes until translucent. Add Tomato Paste and sauté for another minute.

Add Tomatoes, **MAGGI® Chicken Bouillon** , Water, Chili Pepper, Cumin powder, Cardamom powder, Cinnamon stick and Shrimp and Cardamom powder and cook with constant stirring for 3-4 minutes or until the shrimp is turning pink.

Add rice, and stir gently. Bring to boil and cook covered over low heat for 15 minutes or until the rice somehow cooked with some liquid in the bottom of pot.

Divide moist rice mixture equally and stuff (3/4 full) the inside each Bell Pepper, do not press down and/or over fill as the rice will expand while baking.

Cover with tin foil and bake in a 175c oven for 30 minutes.

Remove tin foil and increase temperature to 190c and cook for an additional 10 minutes to grill the outside of the peppers.

Serve hot.

Mutabbag Bel Laham



Ingredients

FOR PASTRY:

- 3 CUPS all purpose flour or 600 g
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons vegetable oil
- 1¼ cups water or 300 ml

FOR STUFFING:

- 2 TABLESPOONS vegetable oil
- 500 g minced lamb

1 medium onion or 150 g, finely chopped
2 cloves garlic, crushed
½ teaspoon ground cinnamon
½ teaspoon ground cloves
½ teaspoon ground cumin
½ cup water or 125 ml, hot
2 cubes **MAGGI® Chicken Bouillon** or 20 g
2 eggs, slightly beaten
½ cup spring onions or 40 g, chopped
1 small tomato or 100 g, peeled & diced

Preparation

In a mixing bowl, combine Flour, Salt and Sugar, adding Oil and Water gradually until smooth and soft dough is formed. Cover and rest in a warm place.

Heat Vegetable Oil in a sauce pan, add Minced Meat and lightly brown, add Onions, Garlic and spices and sauté until meat is fully cooked and onions are translucent.

Add Water, **MAGGI® Chicken Bouillon** and simmer on medium heat until all liquid is absorbed.

Add beaten Eggs, Green Onions, and Tomatoes and mix, insuring an even distribution of all ingredients.

Divide dough into golf size balls and roll out each piece into a thin flat layer

Place a spoonful of the filling in the center of the dough and fold over the edges to form a square shape.

Gently pan fry each stuffed pastry about 2 minutes on each side or until golden.

recipe ends

Spaghetti with Yoghurt and Meat



Ingredients

- 500 g spaghetti, cut into 10cm lengths
- 3 tablespoons vegetable oil
- 1 large onion or 200 g, finely chopped
- 500 g minced beef
- 2 teaspoons ground cumin
- 1 teaspoon ground black pepper
- 2 cube **MAGGI® Chicken Bouillon** or 20 g
- ½ cup water or 125 ml, hot
- 3 tablespoons butter
- 3 cups yoghurt or 750 g
- 3 cloves garlic, crushed
- ½ cup fresh parsley or 30 g, finely chopped

Preparation

Boil the Spaghetti according to package directions. Strain and keep aside.

Heat the Vegetable Oil and fry the Onions, Minced Meat, Cumin and Black pepper for five minutes. Add **MAGGI® Chicken Bouillon** and water and simmer for another five minutes until most of the stock has been absorbed.

Melt Butter in a large sauce pan, add spaghetti to the saucepan and stir with butter over heat for five minutes, and transfer spaghetti in a baking dish.

Mix Yogurt with Garlic, pour over the spaghetti. Cover this with cooked minced meat mixture, and chopped Parsley.

Bake in a pre-heated oven at 175c for 15 minutes, Serve hot.

Turkey Harees



Ingredients

- 4 cups pearl wheat or 650 g, soaked over night
- 6 cups water or 1½ liters, cold
- 6 cups water or 1½ liters
- 700 g turkey, with bones
- 2 cubes **MAGGI® Chicken Bouillon** or 20 g
- 1/3 cup fresh cream or 60 g
- 3 tablespoons ground cinnamon
- 3 tablespoons granulated sugar

Preparation

In a Harees pot, bring to boil 1500ml of water, add Turkey meat and **MAGGI® Chicken Bouillon** , cover and simmer for 90 minutes. Skim the froth from time to time.

Wash and drain the soaked wheat, add to the pot, cover and cook on very low heat for another 90 minutes, stirring from time to time.

Remove the turkey meat, shred into strips and discard the bones. Return shredded turkey back in the pot, mash the mixture together insuring a consistent texture and let cook for another 30 minutes.

Stir in cream and insure smoothness.

Mix Sugar and Cinnamon together and set aside.

Pour the harees into a plate, sprinkle cinnamon and sugar mixture on top of the harees. Serve hot.

Saudi Dough with King Fish



Ingredients

FOR THE DOUGH:

- 2½ CUPS all purpose flour or 350 g
- 1 egg, lightly beaten
- ¼ cup NIDO Full Cream Milk Powder or 25 g
- 5 tablespoons vegetable oil
- 1 tablespoon salt
- ½ cup water or 150 ml

FOR THE STUFFING:

- 400 G KING FISH, cut into 2cm cubes

¼ cup lemon juice or 50 ml
30 g tamarind paste
¼ cup water or 50 ml, hot
1 tablespoon vegetable oil
1 medium red onion or 150 g, finely chopped
6 cloves garlic, finely chopped
1 medium tomato or 300 g, finely chopped
2 cubes **MAGGI® Chicken Bouillon** or 20 g
½ cup water or 125 ml, hot
1 tablespoon chilli flakes
1 cup coriander leaves or 50 g, finely chopped
½ cup pine seeds or 50 g, roughly chopped

Preparation

In a large bowl, combine Flour, Egg, NIDO Full Cream Milk Powder, Vegetable Oil and Salt. Rub with your fingertips until the mixture resembles fine breadcrumbs. Gradually add water and mix to form soft dough.

Divide the dough into 2 equal portions. Cover and keep aside for 1 hour.

In a medium mixing bowl combine King Fish cubes with Lemon Juice and allow to marinate in the fridge for 30 minutes.

Dissolve Tamer Hindi in 50ml of Hot water and run through a sieve to remove seeds and skins.

Heat Vegetable Oil in a medium sauce pan, add Onions and Garlic and sauté until Onions are translucent. Add Tomatoes, Chili Flakes and **MAGGI® Chicken Bouillon** , Water and Tamer Hindi Sauce and allow to simmer on medium heat for 15 minutes or until Tomatoes are soft. stir in chopped Coriander Leaves and remove from heat.

Turn out the first piece of dough onto a lightly floured work surface. Knead the dough and roll it out into a greased 30cm round oven tray.

Carefully spread half of the tomato sauce over the top, place pieces of raw fish over the sauce discarding the lemon juice marinate, spoon over the remainder of the sauce and sprinkle over with Pine Seeds.

Roll out the second piece of dough and place it over the pan to cover. Tightly press the edges and brush the top with the extra egg wash.

Bake in a 170°C oven for 35-40 minutes or until the top is golden and fish is cooked.

Muhammar with Apricots



Ingredients

- 2 cubes **MAGGI® Chicken Bouillon** or 20 g
- 4 cups water or 1 liter
- 1/3 cup date syrup or 75 ml
- 1 teaspoon rose water
- 1 teaspoon ground cardamom
- 2 cups long grain white rice or 400 g
- 1 tablespoon butter
- 2/3 cup dried apricots or 100 g, chopped

Preparation

Dissolve **MAGGI® Chicken Bouillon** cubes in Hot water and mix until dissolved, add Date Syrup, Rosewater, Cardmom and stir until well mixed.

Wash the Rice and leave to soak for 30 minutes. Rinse until the water runs clear, then drain.

Melt Butter in a large rice pot, add Rice and gently stir for 2-3 minutes. Add sweetened chicken stock and bring to boil. Add Apricot pieces, cover tightly and simmer on low heat until rice is cooked.

Fluff rice and serve on a platter with Fish or Lamb.

Fish Maglouba



Ingredients

- 2 cups basmati rice or 400 g, washed and rinsed
- 2 teaspoons ground cardamom
- 2 teaspoons dried lime powder
- 2 teaspoons ground cloves
- 2 teaspoons arabic mixed spices
- 2 medium eggplants or 500 g, cut into round slices
- 2 teaspoons salt
- 1 cup vegetable oil or 250 ml, for deep frying
- 4 pieces butter
- 1 small cauliflower or 400 g, cut into medium florets
- 600 g hammour, cut into 5-10cm pieces
- 1 medium onion or 100 g, finely chopped
- 6 cloves garlic, crushed

2 cubes **MAGGI® Chicken Bouillon** or 20 g

2 cups water or 500 ml, hot

1 tablespoon vegetable oil

1 medium onion or 100 g, sliced and fried for garnishing

1/3 cup pine nut or 50 g, lightly toasted

Preparation

Combine all spices and gently mix together with wet rice, allow to sit for 15 min.

Peel and cut eggplants into 2cm thick slices, dredge with salt and allow juices to draw. Heat vegetable oil in a pan, pat-dry eggplants and fry on both sides until golden brown.

In a Non-Stick rice pot, melt half of the butter, lightly fry cauliflower florets until golden, but not fully cooked, remove and set aside. Using the same pot, gently fry fish until golden but not fully cooked. Remove and set aside.

On medium heat, using the same pot, melt the remaining butter, add Chopped onions, and Garlic and sauté until onions are translucent, sprinkle ½ cup of the rice (with the spices) on top and mix gently. Layer fried eggplant pieces, then ½ of the fried fish pieces, and layer with another 1-cup of rice, layer the fried cauliflower and the remaining fried fish and cover with the remaining rice. Flatten the rice surface in the pot.

Dissolve **MAGGI® Chicken Bouillon** cubes in 500ml of hot water and pour over the rice. Cover and cook on medium low heat until rice is cooked (about 25 min).

In a separate frying pan fry sliced onions and pine seeds in vegetable oil until golden brown.

To serve, carefully turn the content of the pot upside down onto a large plate, garnish with fried onion slices and pine seeds and serve hot.

Lamb Gheimh



Ingredients

- 1 tablespoon butter
- 800 g lamb, shank
- 2 medium onion or 300 g, chopped
- 3 medium tomatoes or 300 g, chopped and skinned
- 6 cloves garlic, crushed
- 1 large potato or 300 g, peeled and cut into 3cm cubes
- ½ cup chick pea, dried or 100 g, pre-soaked for 4 hours
- 2 teaspoons ground turmeric
- 2 teaspoons whole cardamom pod
- 3 medium dried lime
- 2 cubes **MAGGI®** Chicken Bouillon or 20 g
- 6 cups water or 1½ liters, hot

Preparation

In a large pot melt butter and fry Lamb Shanks for 5 minutes.

Add Onions, Tomatoes, Garlic, Potatoes, Chick Peas, Turmeric, Cardamom Pods, dried Limes, **MAGGI® Chicken Bouillon** and Water, cover and allow to simmer on medium heat for 2 hours or until meat and chick peas are fully cooked, soft and tender.

Remove limes, cardamom and meat and from pot. Discard limes and cardamom pods, allow meat to cool and remove from bones.

Strain remaining content in the pot, and reserve soup.

Return meat and strained vegetables to the pot, mash with a mallet until meat is shredded and vegetables are mashed (DO NOT USE A FOOD-PROCESSOR).

Place meat and vegetable mixture on a large plate, pour over some of the sauce and serve hot with a side of the soup, and spring onions.

Meat & Walnut Nadi with Dates and Dibis Ramman



Ingredients

- 3 tablespoons butter
- 500 g minced beef
- $\frac{1}{2}$ cup coriander leaf or 30 g, finely chopped
- 2 cubes **MAGGI® Chicken Bouillon** or 20 g
- $\frac{1}{2}$ cup water or 125 ml, hot
- 5 tablespoons lemon juice or 50 ml
- $\frac{1}{2}$ tablespoon lemon zest
- $\frac{3}{4}$ cup walnuts or 75 g, finely chopped
- $\frac{1}{2}$ cup dried dates or 100 g, finely chopped
- 3 tablespoons pomegranate molasses or 30 g
- 1 teaspoon ground cumin
- pinch of salt
- pinch of ground black pepper

Preparation

Heat the Butter in a saucepan; then add the Meat and Coriander leaves, and sauté for 10 minutes over medium heat.

Add **MAGGI® Chicken Bouillon** and water and simmer for another 10 min until the meat is cooked and most of the liquid is absorbed.

Add the Lemon Juice, Lemon Zest, Walnuts, Dates, Dibis Ramman, and Cumin and cook a further 5 minutes.

Place in the center of a large serving plate and surround with plain rice.

Chicken Kabsa with Sausage & Beans



Ingredients

500 g veal sausage, spicy, casing removed and shaped into small balls

1 kg whole chicken, skin removed and cut into 8 pieces

2 medium onions or 250 g, chopped

3 tablespoons tomato paste

3 medium tomatoes or 300 g, peeled and diced

1 teaspoon ground cinnamon

1 teaspoon ground cloves

1 teaspoon ground cardamom

1 teaspoon ground coriander

6½ cups water or 1.6 liters, hot

2 cubes **MAGGI® Chicken Bouillon** or 20 g

2 tablespoons vegetable oil

1 medium potato or 250 g, cut into medium cubes

- 1 medium green bell pepper or 150 g, cut into 1cm pieces
- 4 cups basmati rice or 800 g, washed and drained
- 2 cups red kidney bean, cooked or 300 g, drained and washed

Preparation

Sauté Sausage balls in a large pot until golden, remove and set aside.

Fry Chicken pieces in the same pot with the rendered oil and juices released from the sausages.

Add Onions, Tomato Paste and Tomatoes, to the pot and sauté till onions are soft.

Add Spices, Water and **MAGGI® Chicken Bouillon** to the pot and simmer content for 45 min or until chicken is cooked.

Remove chicken pieces and set aside and reserve stock.

In a separate rice pot, heat Vegetable Oil, and fry Potatoes, for about 5 min, add Bell Peppers, Rice, cooked chicken, cooked sausages, and top with 1500 of stock (Add more water if needed to cover the top of rice with 2cm liquid) and bring to boil.

Add kidney beans to the pot, cover and simmer on medium heat until potatoes are fork tender and rice is done, about 25 min.

Chicken Madrouba



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Ingredients

- 750 g chicken thigh without skin, skin & fat removed
- 4 cups water or 1 liter, hot
- 2 cubes **MAGGI® Chicken Bouillon** or 20 g
- 2 bay leaves
- 1 teaspoon ground cinnamon
- 1 teaspoon arabic mixed spices
- 2 tablespoons vegetable oil
- 1 medium onion or 150 g, finely chopped
- 2 tablespoons tomato paste
- ½ cup fresh ginger or 100 g, crushed
- ½ cup garlic or 100 g, crushed
- 1 can tomato puree or 400 g
- 2/3 cup lentil or 100 g, yellow
- 2 tablespoons dried lime powder

2 tablespoons green chili pepper, thinly sliced
1 cup coriander leaf or 50 g, chopped
2/3 cup rolled oats or 50 g

Preparation

Place cleaned Chicken Thighs in a large pot, cover with water and bring to a boil skimming any froth as it appears.

Add **MAGGI® Chicken Bouillon** cubes, Bay Leaves, Girfa and Bzar Emirati (spices) and bring to a boil. Simmer for 2 hours or until chicken is fully cooked. Strain the stock through a sieve; remove cooked chicken meat discarding bones and bay leaves.

In a separate pot, heat Vegetable Oil, sauté Onions until golden, add Tomato Paste and sauté for an additional 2-3 minutes. Add Ginger, Garlic, Tomato Pure and bring to boil.

Add the reserved chicken stock, Lentils, Lime powder and Green Chili's, cover and simmer until lentils are fully cooked. About 1 hour.

Add deboned cooked chicken pieces and gently mash content, using a potato masher until chicken is turned into shreds and lentils are 1/2 mashed (do not use a food processor or electric mixer). Add more water if stew thickens. Add half of the Fresh Coriander and simmer on low heat for an additional 30 minutes.

10 minutes before serving add Rolled Oats, gently stir and ensure oats are soft.

Serve in a soup bowl garnishing with the remaining fresh Coriander Leaves.

Serve with Flat-bread or Rice.

Zeinabs Fingers



Ingredients

FOR SUGAR SYRUP:

- 1/3 cup sugar or 70 g
- 1 cup water or 250 ml
- 3 pieces whole cardamom pod
- 1 tablespoon cornstarch
- ½ cup water or 125 ml, cold
- 1 tablespoon lemon juice or 15 ml

FOR FILLING:

- 1 TIN NESTLÉ® SWEETENED CONDENSED MILK or 395 g
- 1½ cups water or 375 ml

$\frac{3}{4}$ cup corn flour or 100 g
300 g cream cheese
40 sambousek pastry sheets or 200 g

FOR SEALING THE PASTRY:

2 TABLESPOONS all purpose flour
4 tablespoons water or 60 ml
1 cup oil for deep frying or 214 g

Preparation

To prepare the syrup: Add Sugar, 1 cup of Water and Cardamom Pods to a saucepan. Bring to boil and simmer for 6-8 minutes. Dissolve the 1 tablespoon of cornstarch in the remaining $\frac{1}{2}$ cup of Cold Water and Lemon Juice and add to the simmering sugar and water, stir constantly on heat for 2 min until syrup thickens, and set aside to cool.

To prepare the filling: Place NESTLE Sweetened Condensed Milk, Water and Corn flour in a large saucepan, bring to boil with constant stirring until sauce thickens. Add Cream Cheese and stir. Keep aside to cool into a room temperature.

On a clean work surface, lay down a Samboosa Sheet, add 1 tbs of the Cheese filling in the center, fold over the edges, and roll to form a thin finger. Seal the pastry with a mixture of Flour and Water. Repeat the same with remaining sheets and filling.

Before serving, fry rolls in batches in hot oil for few minutes or until golden brown.

Drizzle with Syrup and serve.

Chicken Kofta Creamy Soup



Ingredients

- 150 g chicken breast fillet, minced
- 2 tablespoons fresh parsley, finely chopped
- 2 tablespoons onion, finely chopped
- ½ cup leeks or 50 g, coarsely chopped
- 1 small potato or 150 g, coarsely chopped
- 1 small carrot or 100 g, coarsely chopped
- 5 cups water or 1250 ml
- 1 sachet **MAGGI® Cream of Chicken Soup**

Preparation

Combine minced chicken, parsley and onion in a mixing bowl and shape to small balls. Arrange kofta balls in an oven tray and bake at 180°C in a preheated oven for 10 minutes or until balls are cooked.

Meanwhile, place the remaining ingredients in a medium saucepan

and bring to boil stirring constantly.

Simmer for 15 minutes. Use a stick blender or kitchen blender and puree the soup then strain in strainer.

Return the soup to the cleaned saucepan with the cooked chicken balls. Simmer for seconds. Garnish with chopped parsley and serve.

Chicken with Eggplant and Cauliflower Rice



Ingredients

- 1½ kg whole chicken, cleaned and washed
- 2 cups vegetable oil or 500 ml, for deep frying
- 1 medium eggplant or 300 g, cut into large cubes
- 2 cups cauliflower or 300 g, cut into florets
- 1 medium onion or 125 g, chopped
- 2 dried limes, cut into halves
- 1 medium green capsicum pepper or 150 g, cut into slices
- ½ teaspoon ground black pepper
- 1 teaspoon ground cardamom
- 1 teaspoon ground turmeric
- 1 medium tomato or 150 g, peeled and diced
- 3 cubes **MAGGI® Chicken Bouillon**
- 4½ cups water or 1125 ml
- 2½ cups basmati rice or 500 g, washed and drained

Preparation

Place chicken in an oven tray and roast chicken in a 220°C preheated oven for 45-50 minutes or until chicken is roasted and cooked (season chicken with salt and pepper and some vegetable oil).

Meanwhile, heat oil in a saucepan (reserve 3 tablespoon of oil) and fry eggplant and then the cauliflower until they are golden brown in color. Set aside on kitchen tissues to absorb any excess oil.

Heat the remaining 3 tablespoons oil in a large pot. Fry onions for 3-4 minutes or until golden in color.

Add dried limes, green capsicum, spices, tomato and **MAGGI® Chicken Bouillon** cubes, stir for 2 minutes then add the water and bring to boil.

Add the rice and bring to boil with occasional stirring, cover and simmer on low heat for 10 minutes or until rice is halfway cooked. Add the fried vegetables on top. Cover and cook for another 10 minutes or until the rice is completely cooked.

Spoon the rice over a serving plate and serve.

Arabic Lamb and Potato Pie



Ingredients

- 2 cups vegetable oil, for deep frying
- 3 cups cauliflower or 450 g, cut into large florets
- 500 g minced lamb
- 2 tablespoons olive oil
- 1 medium onion or 125 g, sliced
- 3 cloves garlic, sliced
- 1 medium green bell pepper or 150 g, sliced
- 2 medium tomatoes or 300 g, peeled and sliced
- 2 cubes **MAGGI® Chicken Bouillon**
- 1 tablespoon tomato paste
- ½ tablespoon seven spices
- 1 cup water or 250 ml

FOR THE POTATO:

4 MEDIUM POTATOES or 1 kg, cut into large cubes and boiled
½ cup milk or 125 ml
2 tablespoons butter
pinch of salt
pinch of white ground pepper
1 cup mozzarella cheese or 100 g, grated

Preparation

Heat oil and deep-fry the cauliflower until is golden in color. Remove and set aside over a kitchen towel to absorb any excess oil.

Form minced lamb into small balls and place them in a greased baking tray; bake in a preheated oven at 200°C for 10-15 minutes or until they are cooked.

In a medium saucepan, warm olive oil and sauté onion and garlic until soften then add green bell pepper and stir for 2 minutes. Add tomato, **MAGGI® Chicken Bouillon** cubes, tomato paste and Arabic seven spices. Stir for 5 minutes or until tomato is softened.

Add the water and the prepared meat. Simmer for 10 minutes then add the prepared cauliflower. Stir and set aside.

Mash the potato with milk, butter, salt and pepper.

Pour the cauliflower mixture in an oven proof dish and the potato mixture over.

Sprinkle the cheese over the potato and bake in a preheated oven at 250°C for 15 minutes or until the top is golden in color.

Saudi Rice with Meat and Chickpeas



Ingredients

- 750 g lamb, pieces with bones
- 8 cups water or 2 liters
- 2 dried limes
- 3 small cinnamon sticks
- 5 whole cloves
- 10 whole cardamom pods
- $\frac{1}{2}$ tablespoon ground cumin
- $\frac{1}{2}$ teaspoon ground black pepper
- 2 tablespoons ghee
- 3 medium onions or 500 g, chopped
- 3 cloves garlic, crushed
- 1 tin canned chickpeas or 450 g, drained
- 2 cubes **MAGGI® Chicken Bouillon**
- $2\frac{1}{2}$ cups basmati rice or 500 g, washed and drained

Preparation

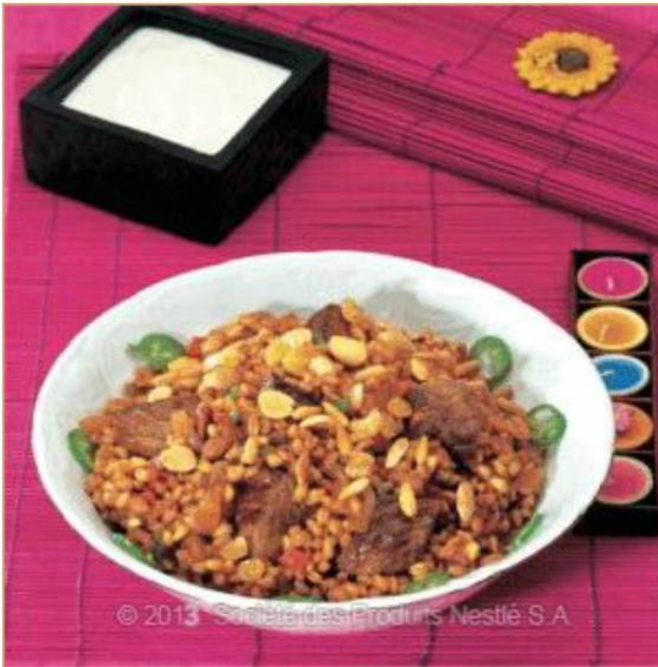
Place lamb pieces and water in a large pot, bring to boil and remove froth as it appears. Add the dried limes, cinnamon, and all spices. Cover and simmer over low heat for 1½ hours or until the meat is tender. Remove and set aside.

Heat ghee in a large pot, add and cook onions stirring for 5-7 minutes or until golden brown. Add garlic and stir for 1 minute.

Add chickpeas , **MAGGI® Chicken Bouillon** , the cooked lamb with the stock, the stock should be around 4 cups/ 1000ml , add more water if needed.

Cover with the rice and cook over low heat for 25-30 minutes or until rice is cooked

Lamb Kabsa with Jerrish



Ingredients

- 5 cups water or 1250 ml
- 1 kg lamb shanks, cut into medium size cubes
- 3 tablespoons vegetable oil
- 2 medium onions or 300 g, cut into thin slices
- 2 medium tomatoes or 300 g, peeled and chopped
- 1 green chili pepper
- 2 teaspoons ground cumin
- 4 whole cardamom pods
- $\frac{3}{4}$ teaspoon ground black pepper
- 1 cinnamon stick
- 1 tablespoon tomato paste
- 2 cubes **MAGGI®** Chicken Bouillon
- 2 cups jerrish or 360 g, washed and drained

Preparation

Add water and meat cubes to a large pot. Bring to boil and skim froth as it appears. Cover and simmer over low heat for 1½ hours or until meat is tender.

Heat oil in a medium pot, add and cook onions over medium heat for 5-6 minutes. Add chopped tomatoes, chili pepper, cumin powder, cardamom pods, black pepper, cinnamon stick, tomato paste and **MAGGI® Chicken Bouillon** cubes. Cook while stirring for 3-4 minutes.

Add the cooked meat with the stock to the pot, the stock should be around 3 cups or 750ml, add more water if needed.

Cover with the Jerrish, bring to boil and cook covered over low heat for 30-35 minutes or until Jerrish is cooked.

Turn the dish over a large serving dish and garnish with fried peeled almonds, raisins and pine seeds.

Khaleeji Lamb Frike



Ingredients

- 1½ kg lamb, with bones, cut into medium pieces
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon ground black pepper
- 3 tablespoons vegetable oil
- 6½ cups water or 1625 ml
- 3 cubes **MAGGI® Chicken Bouillon**
- ¼ teaspoon dried ginger powder
- 4 whole cardamom pods, partially opened
- 1 cinnamon stick
- 3 tablespoons butter
- 2 medium onions or 300 g, diced
- 3 cups frike or 500 g, rinsed well

Preparation

Combine lamb pieces with the spices and marinate for half an hour.

Heat oil in a nonstick skillet, fry the lamb pieces on all sides until they become brown then add water.

Add **MAGGI® Chicken Bouillon** cubes, ginger powder, cardamom pods and cinnamon sticks. Cover and simmer for 1½ hours or until the meat is tender.

Remove the meat and bones from the skillet, reserving the broth. Keep the meat warm.

Melt butter in the skillet and sauté the onions for 4-5 minutes until it becomes tender.

Measure around 5½ cups or 1375 ml from the meat broth and add to the frike, (if the stock is not enough add more water) then bring to boil.

Reduce heat, cover and cook over low heat, around 25-30 minutes, or until all liquid is absorbed and the frike is cooked.

Remove the meat from the bones then serve the frike on an oval dish, topped with the pieces of lamb meat.

Saudi Kabsa



Ingredients

- 5 cups water or 1250 ml
- 1 kg lamb, or beef meat, cut into cubes.
- 3 tablespoons vegetable oil
- 2 medium onions or 300 g, cut into thin slices
- 2 medium tomatoes or 300 g, peeled and chopped
- 1 green chili pepper
- 2 teaspoons ground cumin
- 4 whole cardamom pods
- $\frac{3}{4}$ teaspoon ground black pepper
- 1 cinnamon stick
- 1 tablespoon tomato paste
- 2 cubes **MAGGI®** Chicken Bouillon
- 2½ cups basmati rice or 500 g

Preparation

Place water and meat cubes in a large pot, bring to boil and skim froth as it appears. Cover and simmer over low heat for 1 hour or until meat is tender.

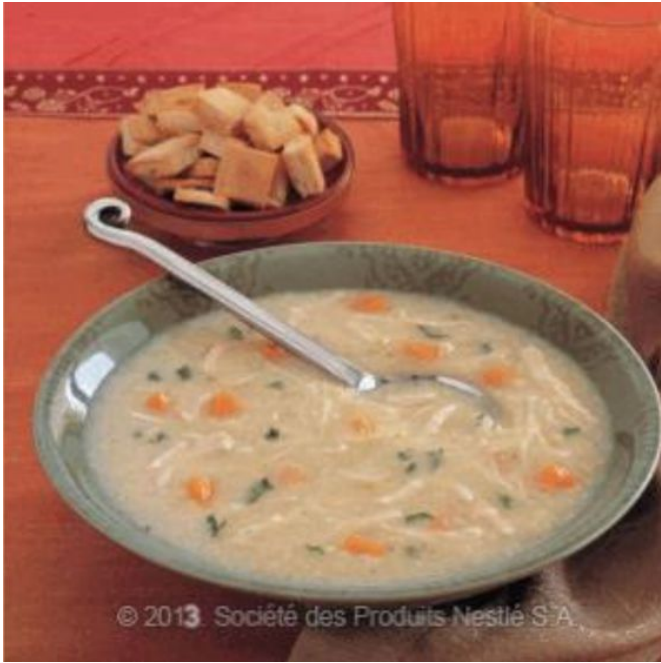
In a medium size pot, heat vegetable oil and cook onions over medium heat for 5-6 minutes. Add tomatoes, chili pepper, cumin powder, cardamom powder, black pepper, cinnamon stick, tomato paste, **MAGGI® Chicken Bouillon** cubes and cook with constant stirring for 3-4 minutes.

Add the cooked meat with the stock to the pot, the stock should be around 3 cups or 750ml. Add more water if needed.

Cover with the rice, bring to boil and cook covered over low heat for 20 minutes or until the rice is cooked.

Turn the dish over a large serving dish and garnish with fried peeled almonds, raisins and pine seeds.

Flaky Chicken Soup



Ingredients

- 150 g skinned chicken breast fillets
- 1 tablespoon vegetable oil
- 1 small onion or 70 g, finely chopped
- 1 small carrots or 100 g, cut into small cubes
- 5 cups water or 1250 ml
- 1 sachet MAGGI Oat Chicken Soup
- 1 cup white cabbage or 75 g, shredded
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 tablespoon lemon juice
- 1 tablespoon fresh parsley, chopped

Preparation

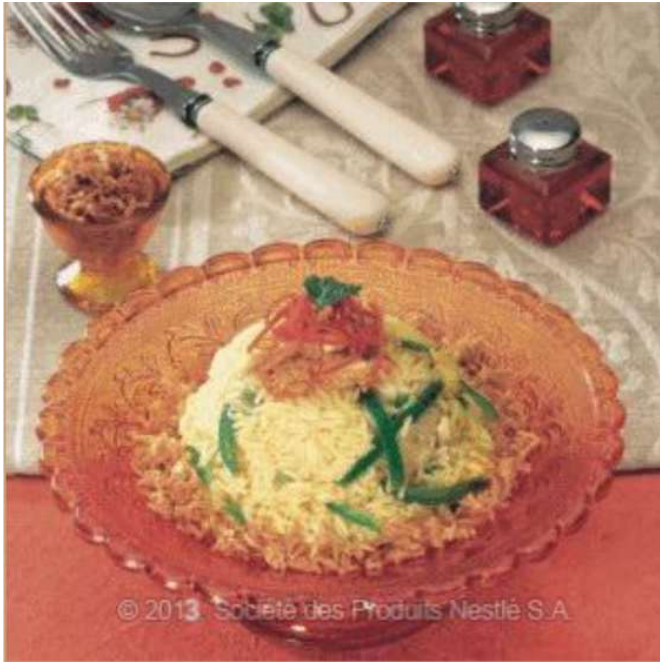
Boil chicken breast in water for 10 minutes or until chicken is

tender. Through the water away, cool the chicken and flake into thin flakes. Set aside.

Meanwhile, heat the oil in a large saucepan, sauté onions for 2 minutes. Add carrots, water and MAGGI Oat Chicken Soup. Bring to boil and simmer on low heat uncovered for 8 minutes then add chicken flakes, cabbage and spices. Stir and boil for another 4 minutes.

Add lemon juice and parsley. Stir and serve.

Arabic Style White Rice



Ingredients

- 7 cups water or 1750 ml
- 4 cubes **MAGGI® Chicken Bouillon**
- 2 tablespoons vinegar, white
- 3 cups basmati rice or 600 g
- ½ cup butter or 100 g
- 1½ teaspoons ground turmeric
- 1 medium green bell pepper, sliced

Preparation

Add water, **MAGGI® Chicken Bouillon** cubes and vinegar to a large pot and bring to boil.

Add the rice and cook for 10 minutes or until the rice is almost tender. Drain in a strainer.

Heat half the quantity of butter in a large saucepan, add turmeric

and bell pepper and cook for 2-3 minutes.

Add the cooked rice and spread the rest of butter on top of rice without stirring.

Cover and cook on very low heat for 1 hour or until rice is cooked.

Fluff up the rice using a wooden fork in order to become yellow and white mixed colors.

Serve on a large serving dish, placing the crispy golden rice layer on top.

Al-Salta



Ingredients

- ½ cup water or 125 ml
- 2 tablespoons ground fenugreek
- 2 tablespoons vegetable oil
- 1½ cups spring onions or 150 g, chopped
- 2 medium potatoes or 500 g, cut into medium cubes
- 2 medium tomatoes or 300 g, peeled and chopped
- 2 cubes **MAGGI® Chicken Bouillon**
- 2 tablespoons rice, washed
- 1 teaspoon ground cumin
- 4 cups water or 1 liter, additional quantity

FOR THE GREEN SAHAWEK:

2 CLOVES GARLIC

¼ cup coriander leaves or 20 g, chopped

¼ cup leeks or 20 g, leaves only

1 green chili pepper, chopped

pinch of salt

¼ cup water or 60 ml

Preparation

Put ½ cup of water in a small bowl and sprinkle over the fenugreek. Keep fenugreek in water for 2-3 hours then drain from exceeding water then set aside.

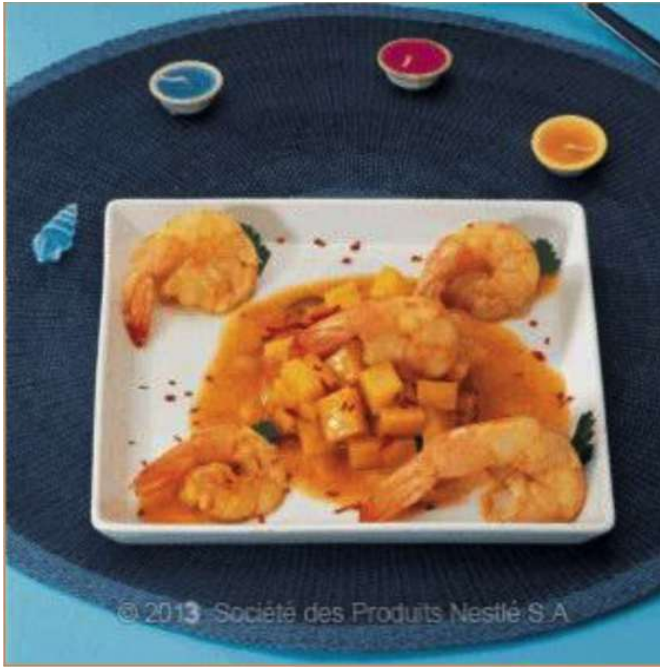
Meanwhile, heat oil in a large sauce pan and sauté spring onion for 2 minutes. Add potato, tomato, **MAGGI® Chicken Bouillon** cubes, rice, cumin powder and the additional water. Bring to boil and simmer on low heat for 20 minutes or until potatoes and rice are well cooked.

Whip fenugreek for 5 minutes or until it rises and becomes white in color. Add green sahawek mixture and combine with fenugreek.

Put Yemeni rock pan on high heat until it becomes very hot then pour into the prepared Salta topped with fenugreek mixture.

To make green sahawek: Put all sahawek ingredients in blender and blend for 3 minutes or until is smooth.

Shrimps Stew



Ingredients

- 1 kg peeled shrimps
- Lemon juice, one medium piece
- 3 tablespoons vegetable oil
- 1 medium onion or 150 g, chopped
- 4 cloves garlic, crushed
- 1 medium potato or 200 g, cut into small cubes
- 1 teaspoon ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon ground black pepper
- 1 teaspoon ground turmeric
- 2 medium tomatoes or 300 g, finely chopped
- 1 tablespoon tomato paste
- 2 tablespoons coriander leaves, chopped
- 2 tablespoons fresh parsley, chopped

2 cubes MAGGI® Chicken Bouillon

1½ cups water or 375 ml

FOR THE RICE:

2 CUPS RICE or 400 g, white

3 cups water or 750 ml

2 tablespoons vegetable oil

Preparation

Clean shrimps then mix with lemon juice and set aside.

Heat oil in a large saucepan, cook onions and garlic with stirring for 5-6 minutes or until golden brown.

Add potato and stir for 2 minutes then add shrimps, and all spices, tomato, tomato paste, coriander and parsley and cook for 5-6 minutes.

Add MAGGI® Chicken Bouillon cubes and water and simmer for 10–15 minutes then serve with the white rice.

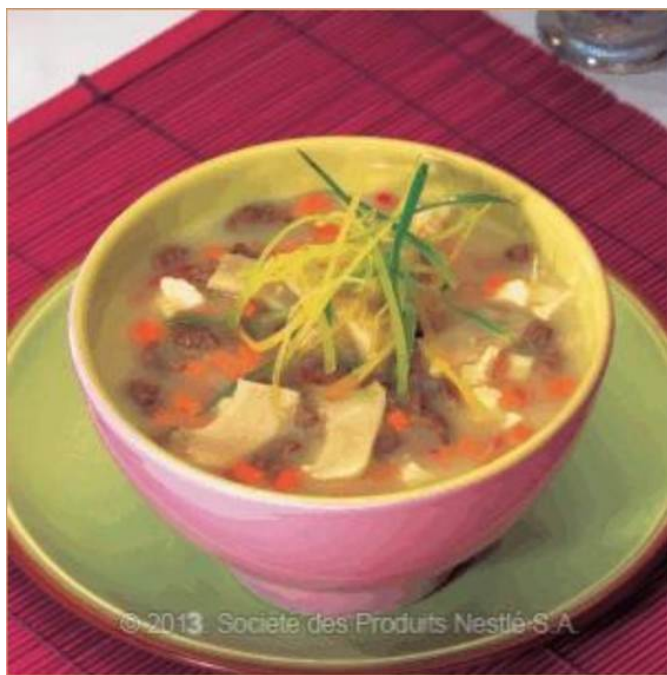
For the rice:

Gently wash rice with cold water and drain. Then soak the rice in a bowl filled with cold water for 20 minutes. Drain again.

Add 3 cups of water to a large saucepan. Add rice, and oil.

Bring to boil then simmer with stirring from time to time until the rice totally absorbs the water. Cover the rice, then cook over low heat for 15-20 minutes or until rice is cooked.

Lamb and Artichoke Soup



Ingredients

- 1 tablespoon butter
- 250 g minced lamb
- 100 g artichoke hearts, frozen, cut into thin slices
- 1 sachet **MAGGI® 11 Vegetables Soup**
- 5 cups water or 1250 ml
- 1½ tablespoons lemon juice
- 1 tablespoon fresh parsley, chopped

Preparation

Melt butter in a pan, add and cook meat over medium heat for 5 minutes.

Add artichoke, **MAGGI® 11 Vegetables Soup** and water. Bring to boil and simmer over low heat for 15 minutes.

Add lemon juice and parsley, season with salt and black pepper

and serve.

Iranian Gheymeh Chicken



Ingredients

- 2 tablespoons vegetable oil
- 1 large onion or 200 g, finely chopped
- 2 teaspoons ground turmeric
- ½ teaspoon ground black pepper
- 1 teaspoon dried lime powder
- pinch of ground saffron
- ½ kg chicken, pieces with bones
- 2½ tablespoons tomato paste
- ½ cup dried chickpeas or 90 g, split
- 4½ cups water or 1125 ml
- 2 cubes **MAGGI®** Chicken Bouillon

Preparation

Heat oil in a large saucepan, cook onions for 4-5 minutes or until

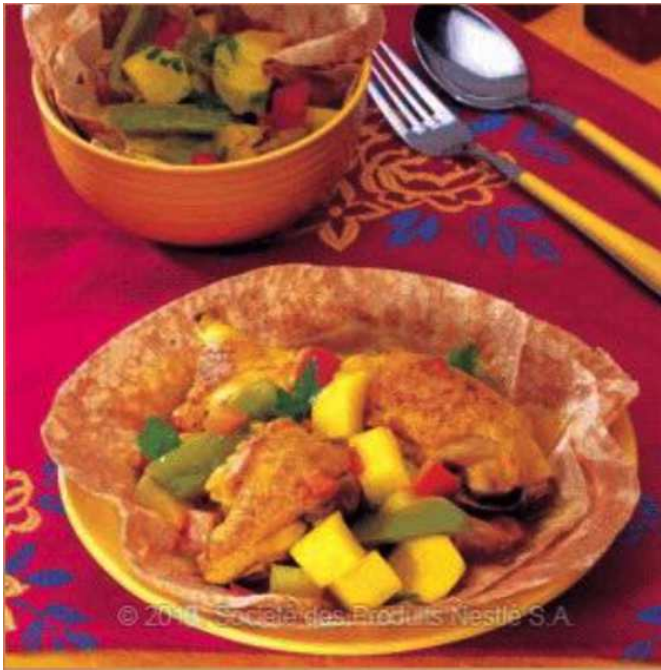
tender.

Add turmeric powder, black pepper, lime powder, saffron and the chicken. Stir for 3-4 minutes. Add tomato paste and stir for 1-2 minutes.

Add the chickpeas, water and **MAGGI® Chicken Bouillon** cubes. Bring to boil then reduce the heat. Cover and simmer for 45 minutes or until the chicken and chickpeas are cooked. Add more water if needed.

Serve with cooked rice.

Chicken Threed



Ingredients

- 1½ kg chicken, cut into pieces
- 6 cups water or 1500 ml
- 2 tablespoons vegetable oil
- 3 medium onions or 500 g, finely chopped
- 3 cloves garlic, crushed
- 1 small fresh ginger, peeled and crushed
- 1 tablespoon tomato paste
- 2 large potatoes or 500 g, cut into large cubes
- 4 baby marrows or 500 g, peeled and cut into thick slices
- 2 medium eggplants or 500 g, peeled and cut into large cubes
- 4 medium tomatoes or 600 g, chopped
- 3 dried limes, pierced
- 2 small chili peppers, green, chopped
- 3 cubes **MAGGI®** Chicken Bouillon

- 1 tablespoon arabic mixed spices
- 1 teaspoon ground cinnamon
- 1 teaspoon ground turmeric
- 1 teaspoon curry powder
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon whole cardamom pods
- ¼ teaspoon chili pepper
- 1 medium green bell pepper or 150 g, cut into thick slices
- 1 cup coriander leaves or 75 g, chopped
- 15 loaves markouk bread

Preparation

Place chicken cuts in a large pot, cover with the water, and bring to boil skimming froth as it appears, cover and cook on low heat for 20 minutes. Drain and reserve stock.

Heat oil in a large pot, add and cook onions until golden brown. Add garlic, ginger, tomato paste, potato, baby marrows, eggplant, tomatoes, dried lime, stir and cook for 3-4 minutes.

Add the chicken cuts, the reserved chicken stock, **MAGGI® Chicken Bouillon** cubes, all spices and bell pepper.

Bring to boil, cover and simmer for 10 minutes.

Add coriander, simmer for another 10 minutes or until potato and chicken are tender.

Place the bread in layers on a large serving dish, or break it into pieces.

Spoon first the stock over the bread, then spoon the meat, the vegetable and the rest of the stock.

Serve immediately.

Yemeni Rice



Ingredients

- 2 tablespoons ghee
- 2 medium onions or 300 g, chopped
- 1½ tablespoons tomato paste
- 2 cups rice or 400 g, washed
- 3 cups water or 750 ml
- 1 cube **MAGGI® Chicken Bouillon**
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- 1 clove garlic, crushed

Preparation

Heat ghee in a large saucepan, add and cook onions for 4 minutes until tender.

Add tomato paste, rice and stir. Cook on medium heat for 5 minutes.

Add water, MAGGI® Chicken Bouillon cube, spices, garlic and stir well.

Cover and cook on low heat for 20-25 minutes or until rice is cooked.

Saudi Chicken Biryani



Ingredients

- 1200 g whole chicken, cut into 8 pieces
- 8 cups water or 2000 ml
- 2 dried limes
- 2 cubes **MAGGI®** Chicken Bouillon
- 2½ cups basmati rice or 500 g, washed and drained
- 2 tablespoons ghee
- 3 medium onions or 450 g, sliced
- 1 cup yoghurt or 250 g
- ¾ teaspoon ground black pepper
- ¾ teaspoon ground cumin
- ¾ teaspoon ground coriander
- ¾ teaspoon ground turmeric
- ¾ teaspoon ground cardamom
- ¾ teaspoon ground cinnamon
- 3 cloves garlic, crushed

1 teaspoon ground saffron, soaked in ¼ cup or 60ml hot water

Preparation

Place chicken pieces and water in a large pot, bring to boil and remove froth as it appears. Add the dried limes and **MAGGI® Chicken Bouillon** cubes. Cover and simmer over low heat for 30-40 minutes or until chicken is tender.

Remove chicken pieces from the stock, add rice to the chicken stock (around 6 cups or 1500ml) and boil the rice for 10 minutes or until almost cooked. Drain the rice and set aside.

Heat the ghee in a large pot, add and cook the onions, stirring for 5-7 minutes or until golden brown. Add the cooked chicken pieces to the onions and stir to combine.

Combine the yogurt with the spices and the garlic and pour over the chicken. Add half the quantity of the cooked rice to cover the chicken in the pot.

Sprinkle half the quantity of saffron water over the rice, cover with the rest of the rice and then sprinkle with the rest of saffron water.

Cover and cook over low heat for 25–30 minutes or until the rice is cooked.

Serve on a large serving dish and garnish with fried nuts.

Potato and Rice Kibbeh



Ingredients

- 2 cups basmati rice or 400 g, washed
- 3 cups water or 750 ml
- 2 cubes **MAGGI® Seasoning for White Rice**
- 2 medium potatoes or 500 g, boiled and peeled

FOR THE STUFFING:

- 2 TABLESPOONS vegetable oil
- 2 medium onions or 250 g, chopped
- ½ kg minced lamb
- 1 tablespoon curry powder
- 2 cubes **MAGGI® Mutton Bouillon**, crumbled
- 3 tablespoons pine seeds, toasted
- 2 tablespoons raisins

¼ cup fresh dill or 20 g, finely chopped

2 cups vegetable oil, for deep frying.

Preparation

Place rice, water and **MAGGI® Seasoning for White Rice** cubes in a pot. Stir constantly to boil then cover and cook over a low heat until rice is cooked. Remove and set aside to cool slightly.

Mash the potato and the rice until puree then cover and set aside.

Meanwhile, heat oil in a medium pot, add onion and cook until tender. Add minced lamb and cook until golden brown. Add curry powder, **MAGGI® Mutton Bouillon** cubes, pine seeds and raisins and stir until well combined. Remove pot from heat, mix in dill and leave to cool.

With wet hands, take medium sized pieces of the potato and rice mixture, form each portion into a ball shape, making a space in the center by pushing your finger through from one end.

Stuff with some meat mixture, close firmly to form a ball then flatten it slightly into small patties.

Fry kibbeh by batches in deep hot oil until golden brown.

Serve hot with green salad and yogurt.